

Abstract

Title: Effect of physiotherapy in patients with endometriosis

Objectives: The objective of this thesis is to evaluate the effect of a six-week physiotherapy intervention including manual and exercise therapy approach on the quality of life assessed by The Endometriosis Health Profile-30 questionnaire, on dysmenorrhea assessed by The short-form McGill Pain Questionnaire and The Menstrual Distress Questionnaire, and on the number of functional impairments of the musculoskeletal system assessed by the kinesiological analysis of eight women with diagnosed endometriosis.

Methods: The practical part is a pilot study evaluating the contribution of the six-week physiotherapy intervention in eight women with diagnosed endometriosis. The therapy plan was constructed individually to deal with the objective findings using the combination of manual and exercise therapy with the aim of decreasing the presence of functional impairments of the musculoskeletal system. To evaluate the effect of therapy, standardized qualitative questionnaires, The Menstrual Distress Questionnaire, The short-form McGill Pain Questionnaire and The Endometriosis Health Profile-30 were used as well as the kinesiological diagnosis form. The probands filled out the questionnaires on the first day of their menstrual cycle before and after completing the six-week physiotherapy intervention. The obtained data was evaluated by statistical analysis using the t-test.

Results: Comparing the mean values of the results before and after the six-week physiotherapy intervention, there was a significant improvement in dysmenorrhea symptoms, the quality of life, and a decrease in the number of functional impairments of the musculoskeletal system. The test value of The Menstrual Distress Questionnaire was $p = 0,0006$, pain descriptors of The short-form McGill Pain Questionnaire was $p = 0,001$, the visual analogue scale of The short-form McGill Pain Questionnaire was $p = 0,002$, The Endometriosis Health Profile-30 was $p = 0,002$, and the kinesiological analysis form was $p = 0,00001$.

Conclusion: All data fall into the level of importance $p < 0,01$, which implies a highly statistically significant difference. After the six-week physiotherapy intervention including the manual and exercise therapy in eight women with diagnosed endometriosis,

there was a decrease in pain and improvement of dysmenorrhea symptoms, the life quality, and a decrease in the number of functional impairments of the musculoskeletal system.

Keywords: endometriosis, physiotherapy, quality of life, dysmenorrhea, EHP-30